

# THE GUARDIAN

## FOR LEADERS OF CAMP FIRE GIRLS

JUNE  
1940

## VALUES OF CAMPING

By JAY B. NASH

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The Greeks in the days of Pericles had a wonderful concept of busy-ness. It might be thought of as a basis of their philosophy, and certainly it constituted the basis of their grandeur. Leisure for them was not a time to do nothing; it was not a time to be entertained; but it was a time to do what they wanted to do deliberately. Leisure as thought of by so many people in America—going to a movie, listening to a radio, dancing, or playing cards—would have been dreaded by these leaders. "Dionysius The Elder, being asked whether he was at leisure, replied, 'God forbid that that should ever happen to me!'"

Busy-ness for the Greeks was a time for activity, relieved, of course, from the strain of rush and hurry. It was a time for each individual to create, to do something he had always wanted to do, to open the spiritual outlet between his own soul and the eternal universe. They thought of these hours of leisure as being precious, as precious as Browning made them to the little girl, Pippa, when he had her speak of her one day of leisure for the year from her arduous duties in the silk mills of Florence. You can see her eyes sparkle, her whole expression heightened, her eagerness unlimited, as she says, "My day, if I squander one wavelet of thee." This is the busy-ness that Camp Fire Girls can enjoy at camp.

Tied up very closely with this busy-ness are three concepts: happiness, wisdom, health,

**Happiness:** Happiness is a sign that growth and development are proceeding harmoniously. It indicates the absence of strain, worry, hate, or fear. It is common knowledge that we are happiest when we are busy—busy with things that count for us, busy with things that we want to do. When we are happy, time flies in seven-league boots, but when we are not happy, it drags along in leaden shoes. Girls of today, because of the very confused time in which they are living, because of the uncertainties of tomorrow, and because of the tremendous pressure placed upon them by their environment, have a right to these few weeks of happiness.

**Wisdom:** Wisdom does not consist of memorizing facts, but of acquiring a wide range of experiences which lay the basis not only for thinking, but for culture. The pursuit of wisdom is the pursuit of the eternal questions *why* and *how*. What a remarkable opportunity girls have at camp when they are turned loose to find the answers to their own questions. You saw Dr. Ehrlich, in "The Magic Bullet," trying to find an answer; you saw Madame Curie

living in a shack on the outskirts of Paris—hungry, cold, discouraged, but fighting on because she wanted to discover the answer which radium was to bring her. At camp, girls are living in nature's great classroom. Every star and every cloud has a story to tell; every rock and every gravel bank holds a secret; every birdcall and every nest, every leaf and every flower hides its secrets from all but the inquisitive.

**Health:** Busy-ness and happiness lay the basis for health. Here again the camp situation offers an opportunity—but remember it is only an opportunity. The health results will be high on the scale or low on the scale in accordance with the degree to which advantage is taken of the opportunity.

Each Camp Fire Girl is required to have a physical examination before she goes to camp. This is to protect her as well as others—to protect her in case there is some physical handicap which should be considered in planning her activities, and to protect other campers from the possibility of being exposed to communicable diseases.

According to the standards set up for Camp Fire camps, each camp has the advice of a skilled physician and employs a trained nurse. All of the laws of sanitation, especially in regard to milk, meat, and water, are carefully followed. Food handlers are examined before they are employed. Simple, appetizing, and nourishing meals are provided. At least nine hours are set aside for sleep at night, and there is also a rest hour after lunch. All of these are minimums. Granted these, the quiet nights, the simplicity of living, the wholesome exercise, and the life-giving qualities of the sun ought to contribute to the health of each individual. The simple rules of living, added to the release of body powers through happiness, may have year-round advantages.

**Still Other Values:** There is another set of values which ought to emerge from a camping experience, beyond those values detailed above. Each camper should get some experience in group living; that is, she should learn to *give* to the group as well as *get from* the group. Our thesis in a democracy is that we live under self-imposed laws; we follow rules and regulations because we have had a part in their making. The camp is the sum-total of many individual contributions, and it can never be greater than the sum of its parts. I have had a chance to visit the "Sons of the Wolf" camps in Italy and the camps of the Hitler Youth in Germany, as well as other camps in Europe and in Asia. We want none of them. The regimentation is apparently planned to kill the individual initiative. "Obey, Conform, Fight" does not constitute a motto for democracy.

In camp, there is opportunity for the individual girl to serve the group with satisfaction. If she can get real satisfaction from serving the small group, she will get greater satisfaction from serving a larger group later. It must be definitely remembered that *what individuals do with satisfaction, they learn*. This, in many ways, is one of the

IN THREE PARTS

PART I



# THE GUARDIAN

A Bulletin of News and Suggestions for  
Leaders of Camp Fire Girls

Part I is for Guardians, Part II for the Girls

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crowning values of a well-managed camp.

Above all else, the camping experience to the girl is a thrilling experience; it is a great adventure. For the sake of those things you most want for the girls in your Camp Fire group, in your family, in your school or church—for enriching experiences, practice in democratic living, a healthy and attractive environment, but most of all for happiness, the joy of friendship, the delight of accomplishment—get your girls to camp this summer.

## LOOK

On pages 3 and 8 for important Camp Fire announcements. All through this issue for accounts of Camp Fire experiences. News of what Guardians, Blue Bird Leaders, and their groups are actually doing shows the program in action. We don't say to you "Do likewise," because your group has its own interests and problems, but we do think sharing experiences is encouraging and stimulating to the flow of ideas! Thank you for your Annual Reports!

## VISITS

The girls of the Tawanka Camp Fire group in Enterprise, Oregon, of which Alice Harris is Guardian, will have an appreciation of the work of their community, and incidentally earn a number of honors, by the time they have paid all the visits on their list. They started off with the local newspaper office. Next they visited a milk farm, and their plans for future visits include the light and water plants, creamery, cheese factory, dairy, fish hatchery, and cleaners.

For advice on planning visits so as to make the experience valuable to the girls—and not wear out your welcome—see "We Pay A Visit," by Juliet Bell, in the January 1940 GUARDIAN.

## GUARDIANS' IDEAS: SEND US YOURS

### A WAY TO CAMP

In some of the smaller towns where there are no Local Councils or Community Chests, the Camp Fire Girls go to the nearest organized Camp Fire Camp. In Pelican Rapids, Minnesota, Margaret Sherin, Guardian, felt that this camping experience would be invaluable to her Camp Fire Girls, but she found that the matter of the expenses loomed large in the eyes of the girls and their parents. After talking it over with the parents, who agreed to pay half of the camping expenses, she decided to ask the club sponsors and other organizations in town for the balance. She found the clubs generous in their help. Several of them had received service from Camp Fire Girls and were happy to express their appreciation in this way. By this means, fifteen girls had their first never-to-be-forgotten session at a Camp Fire Girls camp. Now that they know what it is like, they are enthusiastic and so are their parents. They have already started to earn their own money to go to camp for the next season.

### NATURE HONORS

At one of their spring meetings, the girls of Mrs. Rueta Taylor's Camp Fire group in Columbus, Ohio, picked out certain nature honors that they decided to earn during the summer. Spring wild flowers were found by Margaret Stahly and shown to her Nature Counselor, one of the nature teachers at school (101). Patricia Taylor grew a gourd in her front yard, stringing it up to a small maple tree which she had previously planted (311). Betty Ayers drew a diagram, showing proper preparation of soil for plants, and has been quite successful with various house plants (333). Rosemary Ladd planted a beautiful window box and kept it in good condition throughout the entire summer (334). Shirley Teach explained to the group about the best grasses for lawns (340). Dinah May Kell collected data on the origin and history of a common garden vegetable—because she adores looking up information (348). Joanne Bristow gave a most interesting story on Indian corn (349).

### NATURE NOTEBOOKS

For Wood Gatherer's rank the girls are asked to make nature notebooks. In the Camp Fire group of which Mrs. Ruth Hegvig, of Worcester, Massachusetts, is Guardian, they decided to make these notebooks well in advance and to keep in them a record of all of the interesting nature work that they do. The notebooks themselves were very simply made of 8 x 11 construction paper, with colorful covers made of wallpaper or decorated according to the fancy of the girls. Hav-

ing these books in which to put their clippings and record their nature discoveries has made them even more alert and they surprised themselves by the interesting material that found its way into their books. Mounted flowers, smoke prints, ink and spatter prints of leaves, poems about flowers, trees and birds, records of birds seen, and other nature notes were included. Several of the girls became interested in collecting clippings, pictures, and information about wild animals. They became acquainted with some they never knew existed when they started on this honor (Nature 611). The girls are fortunate in having the cooperation of Mr. Harry Parker, the curator of the Natural History Museum, who advises them on their nature work and checks over their Wood Gatherers' notebooks with them.

### GRADUATING GIFT

Passing along Camp Fire to younger girls was the inspiration of the girls in Mrs. Dorothy Hall's group in Detroit, Michigan. Most of these girls will be in college next year; so after considerable discussion they decided to plan their last year's activities so as to interest younger girls in Camp Fire. Each girl contributed a part in these activities and, as she leaves, will have succeeded in securing a new member to take her place in the group.

### NEWS FROM ENGLAND

"On Monday, January 29, we celebrated the twenty-fifth birthday of Camp Fire in South Shields by holding a 'Mother and Daughter' Party. In spite of the blackout and wintry weather conditions, a large and cheery crowd responded to our invitation.

"Our supper table was lighted by twenty-five candles, and we were especially happy to see among the faces in the glow, those of three or four of the first Camp Fire Girls, with their little daughters beside them. One of these, a former Guardian, lighted our twenty-fifth candle, and another cut the birthday cake, wishing Camp Fire many happy returns. The cake, beautifully and appropriately decorated, was the work of a Guardian's brother. Round the sides were the symbols of two groups which started in 1915: a wheel for Koinonia, and a lantern for Harbour; also the symbols of the present groups.

"Miss Johnson stressed the significance of the fact that Camp Fire started in wartime, and that it flourished, challenging us to carry on now, for the wheel of Koinonia was still needed. The wheel symbolizes Camp Fire in the center, and the girls as spokes, influencing the outer circle of the world."—From *British News Sheet No. 2*. See *Television* page for further news.



## MOTHERS AND DAUGHTERS

Yes, we know that part of the process of growing up, of becoming an emotionally mature adult, is untying the apron strings. We know about the "silver cord" mother who keeps her children bound to her and warps their lives. We know about the fearful child who clings too long. We also know that this process of attaining emotional independence is often very disturbing both to the parent and child. At one time the daughter may act like a grown-up young lady and insist on being treated like one by her parents, demanding the privileges and freedom from restraint that she feels are due her years. The next she may be acting like a child again, fearful of making her own decisions and seeking the snug shelter her parents have made for her.

The process might be easier for both mother and daughter—and more successful, perhaps—if they knew each other better. Sometimes a mother does not realize what a truly responsible person her child can be, given the proper encouragement. Or she may have only a hazy notion of her daughter's deepest interests. Sometimes daughters do not realize how reasonable and human their mothers can be—and how companionable.

Some of our Camp Fire Guardians have found an opportunity to foster understanding between mothers and daughters through getting the mothers' interest, cooperation, and participation in Camp Fire good times. This, of course, can be overdone. One of the advantages to a girl of belonging to a Camp Fire group is the chance it gives her to work things out for herself with others of her own age. It would not help her in this respect to have mothers dominate the scene, but there is little danger of that, with mothers as busy—and as sensible—as they are. The difficulty is apt to be all the other way—capturing a busy mother's time and attention. Mrs. Margaret Smiley, Guardian of a Camp Fire group in Tulsa, Oklahoma, has been very successful in forming a mothers' club, and she says she can wish for nothing finer for a Camp Fire group than a mothers' club back of it.

"The splendid enthusiasm of the girls and their fine record may be attributed partly to the fact that this year their mothers have banded together to form the first mothers' club in Tulsa. The mothers themselves had no notion of starting anything historic that first day when they met for luncheon," she says. "We had ambitious plans for our Americana Social and the mothers had agreed to help. Each had such a good time that afternoon, making fichus and old-fashioned bouquets and sharing plans with other mothers, that they de-

cided to meet once a month for a covered-dish luncheon, discuss any Camp Fire plans that were brewing, and help in any way they could."

The result has been threefold. The mothers have a much better understanding of the purpose of Camp Fire—what the girls are doing and why; they have been helpful when special projects were undertaken; and the girls and mothers have had some very good times together.

It would be hard to say which had the most fun, mothers or daughters, at the two bicycle parties they have had. "The cook-out afterwards," says Mrs. Smiley, "was such a satisfying experience. Somehow, cooking over an open fire seemed more chummy than cooking in the kitchen, when mother is sometimes didactic and daughter sometimes rebellious." They have also enjoyed a family picnic, which, of course, included the fathers, and a family dinner is being planned. This growth of companionship between mother and daughter was expressed in a ceremonial. It was the girls' own idea to include their mothers. They planned the ceremonial themselves—and thought it was one of the loveliest they had ever had. The program is given in the next column.

Both individually and as a group, these twelve girls have been very active. Eleven advanced in rank during the year; all earned the birthday honor. Their individual interests have been many and varied, ranging from learning to swim to baking cakes and knitting sweaters. They entered into city-wide activities wholeheartedly, sold doughnuts, and sewed for the Needlework Guild. Their personal development has been marked, and Mrs. Smiley feels that much of their success is due to the understanding and encouragement of the mothers.

### IMPORTANT NOTICE!

#### Honors and Ranks

From June first to September first, The National Honor Committee will meet once a month to consider applications for these honors only: Three and Five Year Membership, Health, Thrift, Needlework Guild, and Guardian Service.

All other material for consideration for national honors should be submitted to the committee on September first.

Torch Bearers' contributions will be acknowledged on receipt and submitted to the Committee on Ranks in September. Unless a request is made for certificates to award at special camp or summer Council Fires, these will be sent in September. Girls may consider the temporary acknowledgment of their contributions as permission to go on working for their next rank during June, July, and August. We hope Guardians will check carefully on the requirements for these contributions and that girls will stand ready to supply the Committee with additional information, if necessary, to com-

plete the final work for the certificate in the craft chosen.

## RAINBOW COUNCIL FIRE

To the accompaniment of soft music, mothers and girls come in quietly and are seated in a semicircle on the floor around an open wood fire. The fire screen, set at one side, is transformed with many colored honor beads strung on purple yarn decorating the fly wings. Leather honors, adding their bit of design, are held by pins stuck through the screen.

Song: "Over the Rainbow," by the group.

Poem: "January," by one of the girls. (A poem appropriate to the season can be substituted.)

Six girls representing Beauty, Service, Trust, Health, Work, and Happiness, in turn walk toward the fireplace, pick up a small cellophane bag containing colored crystals, speak their lines, and cast the packet on the fire, remaining standing until all have finished, when they go quietly back to their places in the circle.

*Beauty:* (Picks up red bag containing strontium chloride.) "I want to make each simple task at home a thing of beauty."

*Service:* (Picks up yellow bag containing table salt.) "I realize that at home I have many opportunities to give service."

*Trust:* (Picks up blue bag containing zinc oxide dust.) "I want my own family to depend upon my word and trust me."

*Health:* (Picks up medium red bag containing lithium chloride.) "I will cooperate with my mother in guarding the health of our family."

*Work:* (Picks up bag violet in color containing potassium chloride.) "I will share in the responsibility of the home to make my mother's work easier."

*Happiness:* (Picks up bag containing combination of all chemicals previously used by the others.) "I will try to make my home a happy place for my family and my friends."

*Mother:* "We mothers want to share in your good times and make our homes such that you will be happy to bring your friends there. We hope you will feel free to call upon us at any time, because we want to travel with you along the Camp Fire Trail."

Presentation of gifts to mothers (leather bookmarks) by one of the girls: "We Camp Fire Girls are happy to get special honors, so we thought our mothers might like to receive something, too. Here are some bookmarks with the symbols of heart, thought, and hand. These stand for your thoughtful and loving service."

Awarding of ranks, special honors, beads, and membership cards by Guardian.

Song: "Burn, Fire, Burn."

All form friendship circle and one of the girls says: "I make this wish—that we may all have a happy, prosperous year together."



# INDIAN LORE for SUMMER READING

By SUSANNA MYERS



Courtesy, Section of Fine Arts, Federal Works Agency  
Pueblo Pottery Makers, a mural by Velino Herrera, himself an Indian, for the Department of Interior Building, Washington, D. C.

Librarians everywhere say that books about Indians, old and new, are always "out," being read, or being rebound. No wonder! They seem to grow more fascinating every year, and certainly they are more authentic, for many of them are now written by the anthropologists, ethnologists, and archaeologists. This means that you can depend on what they tell you and also admire their story-telling gifts, which do not necessarily go with such long titles.

In the three years since I prepared the bibliography "Following Indian Trails," writers, artists, and publishers have continued to be busy with Indian material. I have just revised this list and included more than fifty new books.\* There is not space here to review them all, but here is brief comment on some of them.

*Dezba and Winnebago Boy* are full of realistic, breath-taking photographs. *Little Eagle, Dancing Cloud, and Columbus Sails* are illustrated in dazzling color. *Dickon Among the Lenape Indians* has numerous line drawings, helpfully accurate and detailed. In this book, and Bernard S. Mason's *Woodcraft*, you will find good reading and many practical ideas, too, for your summer camp projects. In ways of living, ways of doing things, and ways of thinking about things, we white Americans can learn so much from our red Americans. *Dezba* tells us in the interesting last chapters how they are trying to use what they learn from us.

Three of the most attractive of the new stories tell of inspiring friendships between an Indian boy and a white boy:

*Hidden Valley* by Laura Benet (California), *Dickon Among the Lenape Indians* by Mark R. Harrington (Pennsylvania), and *Winged Feet* by Gertrude Robinson (New York State). A fourth relates the devotion of that heroic girl, Sacajawea, to whom the Lewis and Clark explorers owed their lives and their success in reaching the end of the Oregon Trail.

Friendships with the Indians of today may not involve adventures and rescues in the wilderness. But don't forget that through Camp Fire you have the best of opportunities for establishing a new sort of friendship that may become exciting enough if you use your imagination.

There have been a number of movies lately in which Indian cruelty, treachery, and savagery have been played up. We know that movies are often sensational and exaggerated, but unfortunately many children and grown people, too, take them seriously. I wonder if this is not a case of "noblesse oblige" for Camp Fire Girls. You know a great deal about another side of the Indians, and you know the very shameful part of the white man in relation to them. The Indians of the present show a remarkable spirit of fair play, and without sentimentalizing, Camp Fire Girls can spread abroad knowledge and truth and a good spirit which will help them. The Navajos have a saying, "Whether a thought is spoken or not, it has power. It does good or it does evil."

It has been often pointed out that all arts and all culture began around a

campfire. Camp Fire Girls are finding joy in following Indian trails in their handicrafts, judging by the beautiful and varied specimens of work that I have seen at New York Headquarters. All you weavers and potters and artists—indeed everyone with a love of form and design—will find thrills in the seven new books listed under Arts and Crafts. Truly magnificent in their wealth of material and illustrations, they represent years of most careful research and artistic effort. Books of this kind are bound to be expensive, and *Sand Paintings of the Navajo Shooting Chant*, by Dr. Gladys A. Reichard, costs thirty-six dollars, but there are others of these artistic books that are available to the average book buyer. They cover a wide range, from George C. Vaillant's comprehensive *Indian Arts of North America* to Kenneth Chapman's *Pottery of Santo Domingo Pueblo*, a detailed study of a specific type. A very practical little book for potters is *Pottery of the American Indian*, by Helen E. Stiles. It has good plates and an excellent bibliography. Correspondingly, *Navajo Shepherd and Weaver*, by Dr. Reichard, is specific and detailed and helpful for weavers. If you read *Spider Woman*, you will want this continuation of the experiences Dr. Reichard had while living in a hogan in Arizona and learning to weave a Navajo blanket herself.

That excellent magazine *School Arts* now and then devotes a whole issue to Indian arts and crafts. The last one of this kind, October 1938, you may have already browsed over in your school or public library. It seems to me worth preserving, a gold mine of ideas and illustrations in adapting Indian design to things you will enjoy making. Leaders will be grateful also for the long alphabetical list of recommended firms in different parts of the country, dealers and manufacturers of materials for every need in handicraft. Write to *School Arts*, Advertising Department, Worcester, Massachusetts, for free catalogs—leather beads, quills, clay, crayons, wool, patterns, pictures, costume designs, anything you need.

The *National Geographic Magazine* gave sixty or seventy pages in November 1937 to an interesting article called "America's First Settlers, the Indians," by Matthew W. Stirling, one of the chiefs of the Smithsonian Institution. The many photographs and brilliant color prints from paintings by W. Langdon Kihn would make fine material for your scrapbooks or posters.

When the fire dies down on a winter night, the Indian storyteller comes to a pause and then says, "My story is tied," which means, "That's all for tonight—more later."

So, once more, for Camp Fire Girls, "my story is tied."

\*Write to National Headquarters for "Following Indian Trails," a bulletin of program suggestions relating to Indian Lore, by Susanna Myers—with a carefully selected bibliography—10c.





"World Friendship" has such simple beginnings as these: Papier-maché puppets are the people of many countries, with a cardboard box as the stage. It was a project last summer at Camp Trowbridge, Fargo, N. D.



Rub-a-dub-dub, two girls in two tubs—otherwise Camp Fire Girls rowing for dear life in the Carnival Tub Race at the Mishawaka, Ind., camp last summer. There's an honor for taking part in a water pageant.



This Clinton, Okla., Camp Fire party was a rousing success, as you can see by the smiling faces.

## Talking Camp Fire



And this lunch on the beach, every bite made by these Waco, Tex., girls, did hit the spot after a nature hike.

The profits from the annual cookie sale, held by Chicago, Ill., Camp Fire Girls, resulted in a Service Fund, of which \$50 was contributed to a Neediest Families Fund. It must have been a thrill to Give Service this way.

If Camp Fire has done lots for you, think what it means to these leper girls of Blooming Flowers Camp in Manila, P. I. This one was the first in 1926; now there are several. The girls' lovely needlework is for sale.



Chicago Daily News



THE GUARDIAN, PART II—This Section of THE GUARDIAN is for Your Camp Fire Girls.—JUNE 1940



# THE ROMANCE OF SPICES

By CONSTANCE NELSON

When you have seen on Mother's pantry shelf a row of the little tins labeled "ginger," "cloves," "nutmeg," "cinnamon," and "pepper," you have probably thought of them as just another seasoning for your next pumpkin pie, baked ham, meat loaf, or spice cake.

But spices are ever so much more than that. Romance and adventure have trailed them since their earliest days. The Queen of Sheba brought spices as a gift to King Solomon. They were among the gifts of the Three Wise Men. In 408, Alaric, the invading Goth, demanded as part of his ransom for Rome, 3,000 pounds of pepper. Cinnamon was used in China as far back as 2700 B.C. under the name of "Kwei"; the Greeks and Romans later called it "Kinnamon," enclosed it in polished gold, set it up in their magnificent temples, and worshipped it.

But up to the thirteenth century, people in Europe didn't know where spices really came from. After a time, they learned many of them came from India, and in the middle ages Spanish caravels sailed unknown seas and braved dangers, hunting for a sea passage direct to that rich land.

That was what Columbus was looking for when he found America—and maybe he was a little disappointed, for land was only land but spices were worth their weight in gold!

Anyway, in the fifteenth century, Spanish and Portuguese explorers did find their sea route, and these countries began to get rich in the spice trade, as is shown by this old letter dated 30th July, 1582:

"In Lisbon there has arrived a caravel from India of the name of *Buen Jesus*. She brings five thousand five hundred quintals (100 lbs.) of pepper, two thousand of cloves, much cinnamon and other spices valued at £200,000 (about a million dollars). God be thanked for her safe arrival."

By the seventeenth century, England had conquered the Portuguese, Spanish, and Dutch, all fighting for the spice land monopoly, so the treasure lands became hers.

Europeans were using spices to season food, as incense, perfume, and for gifts. Dainty English ladies carried filagree silver boxes called "dragees," containing an aromatic nutmeg, to spice their after-dinner cordial with. Much more prosaically, spices were a necessity for heavy English meat cooking, for there was no cold storage then, and by using plenty of spices, dishes like "a fatte pygge"; "lambe and yonge kyde"; "stagge, Feasautes, Larkes and Chekins," were made palatable.

"Pecockes" were a favorite dish in the 1300's, and the recipe said that "Pecokys and Partridgehis, schul ben y parboyld and

larded and etyn wyth plenty of gyngenyng (ginger)."

Here is a recipe from a very old cook book, the *Antiquitates Culinarie*, of 1381, which you, 600 years later, can still make:

## ORRANG PUDING

"Take half an orrang peel, or a whole one if you please; ye yolkes of six eggs; half a pound of fresh buter and half a pound of sugar; cut the orrang as thine as you can; put it into the butter, when it is melted put in the eggs and sugar and a blade of mace, nutmeg and cinnamon, and stir all these well together, yn having ye dish ready with puf past on the botom of it, put in your puding, cover it with more past and half an hour will bake it."

It is too bad you can't grow spices at home, as you can herbs, but spices have to grow in hot countries. They come chiefly from India, Africa, and a group of islands which you may think of as glamorous cruise ship ports—Java, Borneo, Celebes, Sumatra, and Bali, but which are also called the "Spice Islands." So all these romantic and far-away lands are really linked to your own cooking pot, for here is where your spices live, growing as roots, buds, flowers, fruits, bark, or seeds.

Cinnamon is the thin, aromatic bark of the cinnamon tree, and grows in the Island of Ceylon. Cloves are a nail-shaped flower bud of the stately clove tree; nutmeg and mace are kernel and shell husk of the nutmeg tree. Ginger is just the root of a plant, but

"Without ginger, how many would miss  
A ginger cookie for little Sis."

Black pepper is the berry or fruit of a climbing shrub grown in hot countries.

You can buy spices already ground today, but grandmother had to grind hers by hand. It was two clever little boys, David and Levi Slade, who lived a hundred years ago in Boston, and whose father had a grinding mill on the Chelsea marshes, who one day ground up a half barrel of cinnamon, slung it over their shoulders, trudged off across the marshes to Boston with it, and the first grocer they called on took every bit, and clamored for more!

But even though you don't grow or grind spices, yourself, you can still go into the kitchen and adventure with them down fragrant spice paths that lead to a savoury dish for your dinner. Young Joan Fontaine, movie star, one day served her guests the most delicious consommé, with a delicate, elusive flavor, which turned out to be a whiff of cloves.

But long before pretty heroines learned the ways and wiles of spices, their grandmothers of crinoline and kerchief days knew that spices gave new and exciting

flavors to ordinary dishes, and followed the advice of their mothers, to

"Make your transparent sweet-meats  
truly nice  
With Indian sugar and Arabian spice."

At Mt. Vernon, Martha Washington, who was an excellent housewife, made a spiced fruit cake, the Christmas of 1776, when George took Trenton from the British, and she sent him a great piece the next day with her love and congratulations. Here is her recipe:

## MOUNT VERNON FRUIT CAKE

"One and one-fourth pounds of flour; one and one-half pounds of butter; three pounds of seeded raisins; three pounds of currants; one pound of citron; four grated nutmegs; one tablespoon of powdered cinnamon; one-half pint of rose-water; add nuts, if desired."

And even the simple meat loaf was liked at Mt. Vernon, where they raised it to something distinctive by the addition of ginger and nutmeg (which you can do at home the next time you make one). Martha told Mrs. John Adams one day that this meat loaf "forms a delicious relish for lunch or tea."

Today, in New England, in Provincetown, that picturesque fishing port which lies at the tip end of Cape Cod, a village of quaint green and white cottages, elms, sail-loft artists' studios, ships, sea gulls and sand dunes, they make from an old Portuguese recipe (remember, the Portuguese were the first people to find the spice route):

## SPICED GRIDDLE CAKES

1 cup stale bread	1 egg
crumbs	1 tbsp. sugar
1 cup sour milk	White flour, salt, cin-
½ teaspoon soda	namon and nutmeg
	to taste

Soak the bread in milk until soft. Add the soda, beaten egg and sugar. Stir in enough flour to make a batter easily dropped from tip of a spoon. Grease griddle with pork rind to prevent burning.

In a little cooking leaflet called "Season to Taste," Slades suggest ways you can use spices to give your everyday dishes that distinctive flavor:

*Apple Dumplings*—Sprinkle liberally with cinnamon, sugar and butter before wrapping in pie crust.

*Baked Bananas*—Sprinkle liberally with either powdered cinnamon, clove or mace, or all three, before baking.

*Pies*—Fruit pies get a lift with spice. For apple pies use cinnamon or nutmeg; for cherry use a little mace; for rhubarb use nutmeg.

*Pot Roast*—Dissolve six ginger snaps in the gravy for thickening and flavor.

*Stewed Prunes*—Add a small stick of cinnamon while simmering.

*Whipped Cream*—Whip in one half teaspoon cinnamon.

*Clove Apples*—Simmer quartered apples in a sugar and water syrup to which you add 8 whole cloves. Serve warm with ham or pork; cold as a dessert with whipped cream.



## MAKE IT PAY

Looking past the summer toward fall why not profit by last year's experience and meet the hundred-odd needs of that season with a little cash on hand? The chances are that you'll be putting your spare time to some use over the holidays, either individually or with your Camp Fire friends, so wouldn't it be a pretty smart idea to get together with the members of your group, perhaps at the next-to-last meeting before vacation, and decide on things to do to swell the treasury during the summer?

Because flower sales are such happy occasions, and the job of preparing for them so much fun, groups around the country have voted this a favorite way to earn money. In fact, everything connected with a garden seems to appeal to Camp Fire Girls, even helping with the weeding and sprinkling of their own and neighbors' gardens. (At so much per garden, this pleasant task might net a tidy sum.)

Neighbors have a way of needing a helping hand now and then, perhaps with the care of a cat or dog, or goldfish, or canary. Many people find bathing a dog quite a chore, though most Camp Fire Girls think it's great fun. And don't overlook sitting in with or airing the neighbor's baby—there's money in it!

Balsam pillows find a place in nearly every home, and they don't require elaborate preparation—just be sure you aren't violating the conservation regulations in your community when you gather the balsam. Scout around among friends and acquaintances for rumors of brides' showers, etc., and see if you can take a few orders for guest and dish towels. Perhaps paper craft is your line and you can turn out some fetching favors and decorations for parties and dinners. The moth-ball dolls described in the June 1939 *GUARDIAN* are popular gifts that make a good selling item.

The Woussicket Camp Fire Girls in Waco, Texas, are even now nursing one hundred baby chicks to frying size, when they plan to sell all but enough for a scrumptious chicken dinner for the group. When the girls visited the Brazos County Fair last fall, they became entranced by the chicks on display by a local hatchery. Result—a gift of chicks after Christmas time, and a gift of feed. The mother of one of the girls is raising the chicks on shares, in her big back yard. We wonder how the chicks are doing by now, and would like an invita-

tion to that dinner!

A group in Dallas scoured their neighborhood for empty bottles, which they washed, sorted, and sold. The girls have a new sense of the value of bottles, and the back yards of the vicinity are much neater—but most important, the Training Course fund in Dallas was noticeably increased.

Another collector's item is the lowly clothes hanger, which some groups have collected and sold to cleaning establishments at a clear profit.

The May 1940 *GUARDIAN* suggests ways to glorify the waffle, and a waffle breakfast, perhaps before a club meeting or other social event, should add another blue figure or two in the group ledger. Tea biscuits cost little to make and would be a welcome purchase at a church tea. Try adding grated orange rind to the standard biscuit recipe for a new touch.

Easily prepared suppers are money-makers which Camp Fire groups have been depending on for years and years.

An excellent recipe for chili is in *The Outdoor Book*, and with that as the basis of your chili supper, you should simply coin money. Supplying the hamburgers for a beach party would keep you stepping but would prove worth it, and "pigs-in-blankets" (tiny frankfurters rolled in prepared biscuit dough and baked for about ten minutes) would mean big business at a fair or bazaar.

Clothes consciousness doesn't disappear in the summer, and fashion shows are popular on boardwalks, at adult camps, and around town, too. It is usually easy to obtain the cooperation and enthusiasm of department stores and local shopkeepers in a project of this kind, and most Camp Fire Girls are so personable that they can model clothes and accessories to advantage. Combine your show with a tea, send out attractive invitations, and make it a grand coup for the money-box.

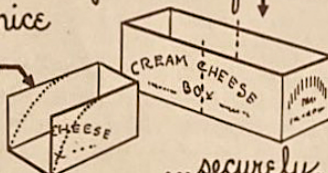
If your group has done anything as  
(Concluded on next page)



## THAT SAVING GRACE

Grace made a popcorn set by decorating a very large wooden bowl with symbols of corn and flame. Two individual scoops were made from each cream cheese box by sawing it in half and cutting the corners in a nice curve—[see dotted lines]

It was necessary to nail the bottom on more....



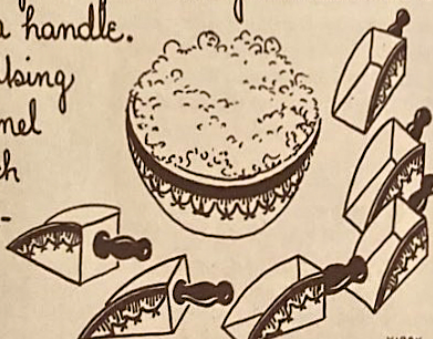
...securely.

Then she filled all the lettering indentations with Plastic Wood\*, allowed it to dry overnight and then sandpapered each surface until very smooth. A ninepin from a toy set served as a handle.



Using enamel

she painted each scoop with symbols and colors to match the serving bowl.....

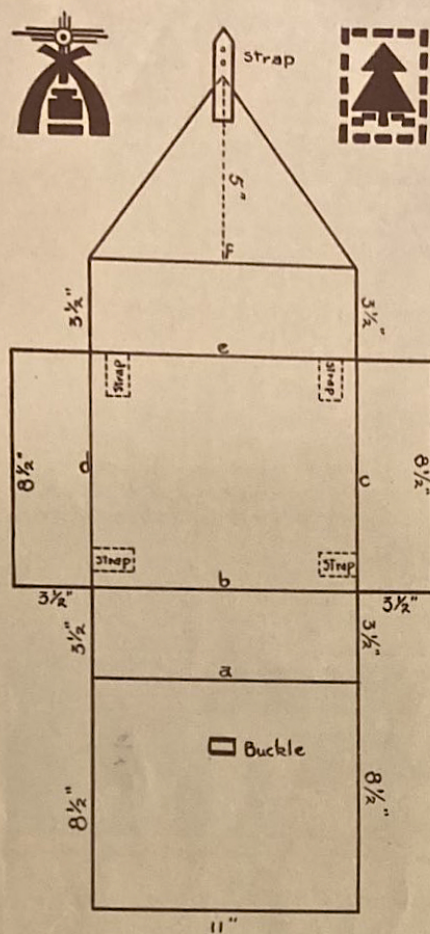


\* from dime store.....

**Sunflower Dish Cloths Make**  
fifty per cent profit for your group.  
No risk. Unsold goods returnable.  
Sample free to Guardians.  
**SANGAMON MILLS, Cohoes, N.Y.**



## SNACK-SACK



Miss Wilma Coss, of Crookston, Minnesota, sent us this diagram and description of the "snack-sacks" which the girls in her group made last summer and have been carrying with them on hiking trips ever since.

"We used dark blue denim for our sacks," she says. "Lines a, b, c, d, e, and f were tucked (about 1/16" tuck on the outside) to make square edges. Where the two sidepieces joined the bottom and front, they were sewed with a small plain seam and then tucked on the outside along the seam. The flap and the top edge were bound with black bias tape.

"The straps were made of 3" strips of denim sewed together to make a 1 1/2" strap. We cut our straps about 22" long, and fitted them to each girl. They were sewed flat to the back of the sack at the places marked on the pattern, the amount of lapping depending upon the size of the girl.

"To fasten the flap of the sack, we used the buckles and straps from old belts. Buttons can be used, as can large hooks and eyes, but we found the buckles were more sure."

Ruth Kemp suggests decorating the snack-sacks with symbols. The two she has sketched are adaptations of camping honor designs. These could be appliquéd in felt or cross-stitched in gay yarn. Colored bias binding to harmonize with these decorations could be used.

## NOT JUST PRETTY

Though we appreciate wild plants for their beauty, some also have practical food and medicinal value. Remember that article on "Food of the Woods and Fields" which appeared in the October 1939 issue of THE GUARDIAN? It included a review of Oliver Medsger's book, *Edible Wild Plants*, and several recipes. After reading it, Jean Eliot, a Guardian of Portland, Oregon, decided to experiment with a Sweetbrier rose hip jam. The resulting product turned out a beautiful rose color, very similar to maraschino cherries, and the heavy, red syrup had a distinctive rose taste. It was delicious on hot biscuits and as a basting sauce for baked ham. Each berry stood out whole, plump and smooth, and steam cooking kept the fruits from becoming hard or tough. Here is the recipe:

### Rose Hip Jam

- 2 cups rose hips (before seeding)
- 2 cups sugar
- 1 cup water
- 2 tablespoons lemon juice

Prepare the hips by removing tops and stems and then split them and remove all seeds (the point of an apple-corer does an excellent job). You should have 1 cup of fruit left after cleaning.

Boil sugar and water together for 3 or 4 minutes. Add hips and lemon juice, then cover and let boil for 15 or 20 minutes. The berries should be clear at the end of this time and the syrup thick; if not, boil 5 minutes longer with the cover off. Pour into hot, sterilized jars and seal with paraffin. The later in the year you make this jam, the more lemon juice will be needed to thicken the syrup.

### Old-Time Uses

In connection with our Americana project, Camp Fire Girls in different parts of the country had an interesting time finding out how Indians and early settlers used plants they found growing near their homes. From Provincetown, Massachusetts, the girls have sent us this list of plants that grow in that locality and the uses once made of them.

**Scarlet Pimpernel:** Poor man's weather glass—used for sore eyes when steeped. Brought from England.

**Sea Lavender:** Cure for canker sores.

**Bouncing Bet or Soapwort:** Healing virtues; also a cleansing soaplike lather.

**Joe Pyeweed:** An Indian medicine man in New England, named Joe Pye, earned fame and fortune curing typhus fever with it.

**Dandelion:** A bitter medicine extracted from the root; leaves used for food; wine made from the blossoms.

**Tansy:** Brought from Europe for its great medicinal powers.

**Boneset or Thoroughwort:** Used for colds, taken in tea or taffy. Emetic if taken warm.

**Red Bearberry or Kinnikinnick:** The entire plant is astringent and has been used in medicine and also by leather dressers.

**Yarrow:** Made into tea, said to cure anything from loss of hair to the ague. (Used by Swedes to make an intoxicating drink.)

**Indigo:** Yields a dye and a most valuable medicine for malarial fevers.

**Blue Vervain:** Because it grew on Calvary was supposed to cure many ills. Brought to this country by the early settlers.



## POISON IVY

How many a happy vacation has ended in misery—because of a simple little three-leaved plant! When in the woods, don't take a chance with this truly poisonous vine. Know it and form the habit of avoiding it.

If you are susceptible to poison ivy, why not carry a small piece of Fels Naphtha soap in your knapsack? After contact, immediate washing with a strong soap will usually remove the irritating oil of the ivy. If the blisters appear, several remedies are recommended by medical men. Breaking and swabbing the blisters with 50% alcohol will usually dry them up, but be very careful not to touch this alcohol from the broken blisters to the unaffected skin. A 5% solution of potassium permanganate in water, or in half water and half alcohol, can be similarly used. (Then remove brown stain with lemon juice.) In acute cases use a strong solution of Epsom salts or have your physician inject hypodermic poison ivy extract. Iron salts (once widely recommended) may badly burn or may leave a permanent discoloration of the skin.

—Mary Lou McConnell.

(Continued from page 3)

fascinating as quilt-making or sampler-stitching, people would find that of interest. Give an exhibit of treasured quilts and build a program around the stories of the quilts, as was done so dramatically in Portland, Oregon, last year.

A "Family Party," with the girls of the Kinunka group of Detroit, Michigan, providing the refreshments, typing and selling tickets, supervising games and entertainment, and making and collecting articles for prizes, was a huge success. It accomplished the three major feats of swelling the treasury, earning countless honors for the girls, and acquainting all the various members of the girls' families with each other.

Look through your GUARDIAN Supplements for a few months back—the accounts of what other groups have done will give you loads of ideas for putting your summer leisure to good use, even as you increase your fun.—H.I.P.



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English Country Dance Graded Series—Gray—Apr. 5-I  
Everyday Living for Boys and Girls—Nat'l Dairy Council—Jan. 6-I; Feb. 5-II  
Fun with Facts—Travelers' Ins. Co.—Jan. 6-I  
Games for Quiet Hours and Small Spaces—Nat'l Rec. Assn.—May 8-I (Reviewed)  
Good Housekeeping Magazine (Tips to the Teens)—Oct. 7-II  
Good Morning—Ford—Sept. 4-I  
Health Heroes—Metropolitan Life Ins. Co.—Jan. 4-I  
Heigh-ho for a Merry Spring—Zanzig—Apr. 5-I  
Highways and Horizons—General Motors—Jan. 5-I  
How to Stop Home Accidents—U. S. Commerce Dept.—Jan. 6-I  
How to Walk—Archer—Feb. 7-II  
Hygeia Magazine—Oct. 8-I  
Injuries in the Home—Red Cross—Jan. 6-I; Feb. 5-I  
Junior Safety Volunteer, The—Metropolitan Life Ins. Co.—Jan. 6-I  
Keep Your Home from Burning—Nat'l Fire Protection Assn.—Jan. 6-I  
Kit 44; Kit P—Cooperative Rec. Assn.—Sept. 4-I  
Let's Be Skillful—Aetna Casualty—Jan. 6-I  
Making Democracy Work—How Youth Can Do It—Civic Education Service—June 7-I  
McCall's Magazine, June 1940 (We Are Your Children)—June 7-I  
Migration of North American Birds, The—U. S. Govt.—Mar. 5-II  
New England Herbs—Sanford—Oct. 6-I  
New Story of Light, The—Gen'l Electric Co.—Jan. 6-II  
Parents Magazine, March 1940 (When Boy Meets Girl—Ellenwood)—June 7-I  
Play and Playthings—Child Study Assn.—Jan. 4-I  
Posture Exercises—Children's Bureau—Feb. 7-II  
Postures on Parade—Nat'l Dairy Council—Feb. 7-II  
Program Helps—Good Grooming for Girls—Cades—Feb. 7-II  
Promenade: Seven Cowboy Dances—Woman's Home Companion—Sept. 4-I  
Safe Walkers' Memo Book, The—Metropolitan Life Ins. Co.—Jan. 6-I  
Safety at Home—Nat'l Safety Council—Feb. 5-I  
Safety Education—Nat'l Safety Council—Jan. 5-I, 6-I; Feb. 5-I, 2-II  
Safety in Riding Bicycles—Maryland Casualty—Jan. 6-I  
Safety in the Home—Good Housekeeping—Jan. 6-I  
Sammy Sprocket Says—Nat'l Safety Council—Feb. 5-I  
Sanctuary and Nature Trail Survey—Garden Club of America—May 8-I  
Scholastic Magazine—Feb. 5-I  
Songs for Informal Singing—Nat'l Rec. Assn.—Apr. 4-I  
Sportsmanlike Driving Series—American Auto Assn.—Jan. 6-I  
Stories of American Industry—U. S. Commerce Dept.—Oct. 8-I  
Story Parade Magazine—June 7-I  
Teacher's Handbook—Children's Crusade for Children—Apr. 2-I  
Test on Social Usage—Stephenson & Millett—Apr. 2-II  
There Is Safety in Sound Bodies—Nat'l Dairy Council—Jan. 6-I; Feb. 5-II  
This Problem of Food—Rowntree—Jan. 5-I; Feb. 4-II (Reviewed)  
Volley Ball Rule Book, 1940—Mar. 8-I  
We Drivers—General Motors—Jan. 6-I  
We Travel Though We Stay at Home (Program Suggestions)—Carnegie Endowment for International Peace—Nov. 7-II  
Winter Feeding—Audubon Societies—Jan. 4-I  
Your Eyes—Better Vision Inst.—Jan. 6-II

## QUOTATIONS

It's a Pleasure (Quoting a Guardian)—Sept. 2-I  
Leadership (Quoting Havelock Ellis)—Oct. 2-I  
Our Aim (Quoting Bigelow)—Sept. 4-I  
Recreation (Quoting American Youth Commission)—Mar. 6-I  
Satisfaction (Quoting Guardians)—Oct. 5-I  
Teachable Moments (Quoting Nash)—Sept. 7-I  
Way of Democracy, The (Quoting Conklin)—Oct. 2-I

## TORCH BEARER CRAFTSMAN

Exploring New Worlds (Folklore, Music, Conservation, Nature)—Sept. 3-II  
Mothers and Daughters Explore (Nature Lore)—June 7-II  
Torch Bearer Craftsman in Games and Sports—Irving—Jan. 2-II  
Torch Bearer in Music—Kempthorne—Mar. 6-II  
Your Cue!—Torch Bearer Craftsman in Dramatics—Ragsdale—Nov. 4-II



# CAMP DAYS ARE HAPPY DAYS

"Half of the pleasure in the fulfilment of a desire is in the anticipation thereof," writes Mrs. Frances Emrick, Guardian of the Wa Kan Ya Camp Fire Girls, who consider their week-end camping trip at Columbus' Camp Wyandotte the high light of their Camp Fire year. "Days of anticipation followed days as we laid our plans to determine that everything would work smoothly, efficiently, and pleasantly."

Leaning Lena, the last big rock beyond which lay the beauty of Wyandotte, was spied by a cheering crowd of sixteen girls and the transportation committee along about five in the afternoon, and the girls made short work of changing into shorts and slacks, in their haste to locate last year's landmarks.

"Do you suppose the Indian pipe is in the same place?" "Do the phoebes still have their nest under the eaves of one of the cabins?" These important questions answered, the work of preparing camp fairly flew, as willing girls tackled their appointed chores.

Everyone helped prepare the supper of chili, crackers, baked beans, pickles, and chocolate milk. (Paper plates, individual milk bottles, and straws left more time for nature and camping honors.) Marshmallows were toasted around the fire to the tune of favorite Camp Fire songs, and a few new songs were taught by the girls who had attended camp during the summer.

Somehow, stars seem just a little nearer and a little brighter at camp. The Milky Way stretched across the sky and lost itself in the blackness of tall trees as the girls told legends about the constellations and searched for them by punching pinholes in star charts and holding them up in the proper positions.

There were four more meals to prepare during the stay at camp, so before retiring the girls were divided into four groups of four girls each and the work outlined as follows:

<b>Morning</b>	
First Group	Gather and cut wood
Second Group	Make and tend fire
Third Group	Cook
Fourth Group	Clean up
<b>Dinner</b>	
Second Group	Gather and cut wood
Third Group	Make and tend fire
Fourth Group	Cook
First Group	Clean up
<b>Supper</b>	
Third Group	Gather and cut wood
Fourth Group	Make and tend fire
First Group	Cook
Second Group	Clean up
<b>Morning</b>	
Fourth Group	Gather and cut wood
First Group	Make and tend fire
Second Group	Cook
Third Group	Clean up

This schedule was posted, and the girls

drew numbers to determine which group each would be in. Having once drawn, there was no exchanging. A list of menus and recipes was also posted. In this way, the work was evenly divided, each girl having a chance at each job.

Taps was postponed a little while, but finally, with an eye to a good camping honor, they reluctantly rolled into bed.

It's amazing how the outdoors perks up appetites! The cooks, with all the efficiency of Pullman chefs, kept the breakfast plates piled high with hotcakes and bacon; and butter, syrup, chocolate milk, and bananas completed the menu.

Notebooks, pencils, old magazines (for carrying the specimens of leaves they intended to gather), first-aid kits, and knives appeared as if by magic. Reference books were divided among the girls, each girl being responsible for the information in her book. The girls had previously determined the nature honors they wanted to earn, so the search began. With eyes wide open for flowers, ferns, and rocks, and ears perked for birds and wild life, the group made its way through the forest like the Indians who had roamed those hills a hundred years ago. But, unlike their predecessors, when this advance party encountered a large black snake they came scurrying back to the main body. Reinforced, they moved back cautiously, and Mr. Black Snake became the victim of a battery of clicking cameras.

After talking to the girls about exercising care in stepping over logs and preventing accidents, what did Mrs. Emrick do but turn quickly to follow a bird, step on a loose log, and go rolling down the hillside! The way first-aid kits were brought into play, one would have thought that the girls knew all the time they'd get the opportunity to practice on someone. It was here that they decided to take the Red Cross First Aid Course when they returned to town.

Uphill and down they went, until the fire builders and cooks had to start back. Summing up their discoveries, they found that they had earned nature honors 103, 130, 131, 207, 208, 221, 401, 402, 404, 405 and 417.

An owl obligingly slept through a discussion of his habits, and the phoebe who had nested under the eaves of one of the cabins still lingered on, in spite of the fact that it was time for her to be on her way south. They found many birds' nests, and those they couldn't identify from memory brought out the reference books. The girls who had studied rocks in town programs during the summer helped the others with honors 901, 907, 908, and 912.

Chinese Mystery, bread, apple butter, carrot strips, sweet and dill pickles and

## CAMP FIRE GIRLS



COME TO CAMP  
THIS SUMMER

One of the designs for posters made from cut paper by Oshkosh, Wisconsin, Camp Fire Girls.

chocolate milk vanished almost as soon as they appeared at the lunch table.

Spatter printing, resting, and reading occupied the after-lunch period, until it was time for the rush to the swimming hole, in company with the life guard.

Gathering clouds and rustling leaves were a warning to hurry with supper, and the gathering of wood for the breakfast fire and the evening lodge fire. Pattering raindrops found the girls cosy in front of a glorious lodge fire, after dining substantially on Venetian eggs, crackers, celery, bread, jam, and chocolate milk. Wrapped in blankets, Indian fashion, they had a grand time playing Indian games and telling Indian stories. They candied apples for the evening's refreshment.

Sunday morning dawned clear and beautiful, and after a delicious breakfast of oranges, scrambled eggs, bacon, toast, and apple butter, the entire group assembled in the Council Ring for an early church service.

Then busy hands set to work making the camp tidy for the mothers, fathers, brothers, and sisters who were coming to spend the day. The receiving committee met each car as it arrived, and the girls took their families under their wings, determined to show them in a few short hours all the wonders of camp.

After a happy picnic meal (which the parents had brought), the Camp Fire Girls cleaned the lodge thoroughly and finished packing. The rest of the afternoon was spent in trying to impart a little of their happiness to their parents. And there was a good supply to draw from, judging from the closing paragraph of Mrs. Emrick's account:

"As we waved goodbye to Leaning Lena, we realized that we had just completed one of the happiest periods in our program."

When is your group going to have a week-end camping trip? Your plans wouldn't be the same as these, but you can get lots of tips on arrangements, food, and fun from this account. The chapter "Fun Out of Doors" (in your *Book of the Camp Fire Girls*) and *The Outdoor Book* (Camp Fire Outfitting Company, 50 cents) both have recipes and much helpful information on outdoor doings.





THE OFFICIAL CAMP FIRE GIRLS CAMP COSTUME IS STURDILY MADE OF GENUINE PEPPERELL SUITING. IT IS REGULARLY FURNISHED IN EITHER WHITE OR CAMP FIRE BLUE IN SIZES 8 TO 20. THE SKIRTS ARE EQUIPPED WITH GENUINE LOCKING TALON ZIPPER.

## CAMPING AND HIKING EQUIPMENT

Pocket Knife, bearing Camp Fire insignia, contains can opener, bottle opener, stencil cutting blade, utility blade.....	\$1.00
Sheath Knife with safety carrying case.....	1.29
Camp Hatchet with safety carrying case.....	1.98
Whistle .....	.35
Lunch Bag, a light, easy-to-carry bag for short hikes.....	1.75
Ruck Sack, for longer hikes.....	2.00
Duffle Bag, a carry-all, holds blankets, etc.....	2.95
Sleeping Bag, keeps you warm and dry.....	7.95
Laundry Bag, a real necessity .....	.89
Poncho, indispensable to every camper, size 45" x 72".....	2.50
size 55" x 82".....	3.50
Aluminum Cooking Kit, for out-of-door meals.....	2.25
Canteen, your drinking water is safe when you carry a canteen .....	1.75
Camp Fire Boat Cushion (Life Preserver) .....	1.50

## MISCELLANEOUS

Camp Fire Girls Stationery, 24 sheets, 24 envelopes.....	\$ .48
Guardian Stationery, 24 sheets, 24 envelopes.....	.69
Post Cards, per dozen.....	.15
Camp Fire Girls' Diary.....	.57
Luggage Tags and Labels, package containing six of each .....	.15
Outdoor Book, by Gladys Snyder and C. Frances Loomis....	.50
Nature Note Book—a handy source of useful information .....	.50
Star Map—useful and educational .....	.29
Waterproof Match Case.....	.60
Pedometer, tells how far you walk .....	2.25
Sunwatch, the tickless timepiece .....	1.00
Sweater Emblem.....	.35
Name Tapes, per 100.....	1.00
(Avoid loss by marking your clothing, blankets, etc.)	

Camp Costume, consisting of shirt and shorts, bearing the crossed logs and flame emblem embroidered in two colors.....	\$2.50
Three-piece Camp Costume with matching skirt.....	3.85
Shirt, separately, white or Camp Fire blue.....	1.40
Shorts, separately, white, Camp Fire blue, or navy blue.....	1.30
Skirt, in white, Camp Fire blue, or navy blue.....	1.40
Service Costume, white shirt with navy blue cotton skirt.....	2.75
Service Costume, white shirt with navy blue all-wool flannel skirt.....	3.85
Neckerchief and Slide.....	.59
Beret and Armband Set.....	.89
All-wool Flannel Shorts, navy blue.....	2.98

THE CAMP FIRE OUTFITTING COMPANY 197-199 GREENE STREET, NEW YORK, N. Y.



# MOTHERS AND DAUGHTERS EXPLORE

Because of a natural love of the out-of-doors, Nature Lore and Camp Craft have held a peculiar fascination for us. Early this summer my Assistant Guardian talked with me and we decided, with our two daughters, to try to reach the goal of Torch Bearer Craftsmen in Nature Lore. The four of us decided to combine requirement five of the Gypsy Honor (cooking an outdoor meal) with requirements two and four of Torch Bearer Craftsman in Nature Lore (map or description of chosen tract of land, and taking others on a trip and explaining to them geological formations of region). We had four grand day trips to state parks or forests, taking our families along—one of us doing the Nature Lore requirements each trip we made. The day we spent at Lebanon State Park, I made my map. We always went first to the park superintendent and were given our license to build a fire. We always told him we were Camp Fire folks. He was most cooperative in every case and usually looked us up during the day and we'd all have a grand visit—he telling us about the Park and we telling him about Camp Fire. I drew my map following a suggestion in the October 1938 *GUARDIAN*, and designated on it my trees, mushrooms, mammals, insects and wild flowers. Frogs seem to be in abundance here and this is the spot I came back to finally to get my wild life picture—but more of that later.

My nature trail was laid in Jenny Jump State Forest—the most uncleared of all the parks we visited. Our fire site was right on top of a huge boulder. Here for the first time I saw the New Jersey cactus growing. It has the most beautiful pale yellow flower (somewhat like a lily) that grows right off the side of the leaf. My snapshot of it is perfect—I am only sorry it was not a colored film. Here, too, I found pipsissewa growing—the first I had seen, and precious to me because my mother used to make pipsissewa tea for my dad, as he grew older, saying: "It's good for what ails one," and we always joked about it. The sister plant, spotted wintergreen, was always nearby. I climbed a trail to the summit and sat for a long time on a huge rock enjoying the view of a most beautiful valley and other ranges of the Kittatinny Mountains for miles and miles. Here the Minis (Wolf) tribe of the Lenape or Delawares roamed in the long ago.

Perhaps Hacklebarney State Park gave us the best history, geologically, of the four trips we made. The park guard took us all around and told us about the old iron mines, eighty in all, some operating as late as 1886. The rocks were glacial drift and we found some blue limestone and a great deal of iron ore, popeck

gneiss, and mica. He showed us a great grove of chestnut and hemlock trees, some grown to a height of a hundred feet. Every little while he would suddenly appear with some new bit of information and seem delighted to have found a group that had come for more than just a picnic.

We decided to make a bird identification chart (electric) and even Mr. Lantz became so interested in this we called him the "boss" and we did the work. Again we went to *THE GUARDIAN*\* for directions, only we feel we improved on that idea because we did not do any soldering. By drilling holes and making real electrical connections with copper washers front and back, and using a small light bulb with two dry cells, we had nothing to come loose at some later date. We used the hollow ends of two curtain rods for pointers and are very proud of the result. Then we took the chart to camp for their use in bird lore. Of course we can change our cards for symbols or anything we like.

We each had fun earning the different Nature Honors asked for in requirement six. My leaves and ferns I had collected on our day trips. Other honors sent me hunting and reading in our own library, and I confess I found books I had not known very well before. Doris and I found ourselves comparing notes with one another constantly, and it was packs of fun.

I nearly went batty trying to get a picture of some kind of wild life in its natural habitat. I tried birds for about two hours and that was hopeless. I lay on the grass for ages trying to take a picture of the dearest wild rabbit, but no luck. I caught a lizard and put him on a stone and thought my troubles were over, but nobody could find him in the snapshot. Then the family went back to Lebanon with me. I gathered a quart of huckleberries for a dessert—and got my frog picture. Don't let anyone tell you this is an easy honor to get! However, I recommend it for the experience it gives you—and the great satisfaction when you do achieve a successful picture.

Have you ever put lemon juice on a piece of limestone? Try it.

From earth, we went to the sky, and this meant a trip to the library and a check on the planets visible in the morning and evening. Doris and I have talked clouds all summer and I had a delightful chat with our weather-man about clouds as weather prophets. He knows we have Camp Fire in Trenton and he was keenly interested and very helpful.

O yes, we each made teaberry tea, and now we will probably never have to worry about rheumatism when we get old. (?)

To start our Nature Reference Library,



THORN APPLE—Sketch made by Mary H. Dobbs, Guardian, of Mapleton, Minnesota, when earning her rank of Torch Bearer in Nature Lore.

I wrote to Washington and to New York (places suggested in *The Book of the Camp Fire Girls* under Nature and Conservation) and then spent a morning at the State House. The head of the Conservation Department talked to me a long time about Camp Fire and was eager to give me copies of all the booklets, pamphlets, etc., available in his department. I have been reading them all summer and they are most interesting. Then he sent me to the State Advertising Council and they gave me copies of all their material. We had lots of fun, each promising to promote the other fellow's wares.

The thing I spent the most time on was requirement one—the collection. The idea came slowly. I wanted to do something different and typical of New Jersey, if I could. When the shell idea came, I loved it. But how could I keep the beach and make it real? I experimented with shells and glue and cork—would they stick? I found they would. We spent a day at Barnegat, where there are hundreds of shells that are not broken by the waves. I identified them first with books I had, then checked again with the library and spent an afternoon in the State Museum. I do not believe anyone had ever done before just what I was trying to do, and the custodian never left me, I think. He wanted to know "why" and "what for" and "what is Camp Fire" and "what do you do" and "now, isn't that fine," and then all about camp. I tried to answer him intelligently and I'm sure he knows about Camp Fire now.

I cannot say what part I liked best—maybe acquiring knowledge, contacts with other people, working with my daughter so closely, attaining a goal aimed at, advertising Camp Fire, or just being out-of-doors with real friends—but this I know—I am a better Guardian and a happier mother because of this summer's experience. Try it! You may not have any more scientific information to start with than I did, but you'll learn as you go, and I'm sure you will enjoy yourself.

—Mrs. Esther Lantz, Guardian, Trenton, New Jersey.

\*February, 1938; see also Nature Helps, 10c.





## TELEVISION NEWS

Here it is June, with graduation and vacation and camp dead ahead. For two months there will be no *GUARDIAN* but you'll be making news in everything you do. Why not write to us this summer, the minute you return from some special treat, and cast your shadow on the television screen as an opening sally for the season? The original drawing sent your group to keep would make a great hit in that new clubroom. And you'll write the letter easily if you address a stamped envelope now to Television Editor, Camp Fire Girls, 88 Lexington Avenue, New York City. Try it and see!

**KANSAS CITY, KANSAS (District VII).** If you want to make hay while the summer sun shines you might like this suggestion. Ten lively girls in the seventh grade in Johnson County made a name for themselves collecting Camp Fire news for their local paper. As the year went on, they grew so keen at getting the kind of material which could be used that they were offered a summer job of gathering all-town news at five cents an inch. The girls were flattered and eager to swell the treasury, and said they'd begin right away. They divided the town into districts, with each girl responsible for one. During the week she'd make notes on news and then meet with the group to write up twenty inches or more. Sometimes someone would get a last-minute hunch and dash off on her bicycle, pencil and paper in hand, to get the particulars. No one went away for the week-end or gave a party or had an out-of-town guest but what the Camp Fire Girls had it down, with initials and spelling of names all correct. By the end of the summer we can't vouch for people's privacy, but we do know that the treasury was in a healthy state plus twenty-five dollars. How about this for a summer project?

The **BRITISH CAMP FIRE GIRLS** are much in our thoughts these days as we hear that they are making plans to "carry on." Girls everywhere seem to want Camp Fire more than ever as the fear clutches them that they might fall out of touch with all that the program has to offer. They are continuing to work under all sorts of conditions, earning hon-



ors by mail where groups have been split up, and asking for special patriotic suggestions.

Service activities, of course, come first, among them making comforts for men at the front and for needy evacuees. Girls are constantly finding new ways of making direct use of Camp Fire in their own lives, too, and the lives of those around them—easing the adjustments to new schools and living conditions, studying their surroundings and adding the plus of adventure to routine tasks or menus on restricted supplies. Just taking the time to be friendly and adding a game or artistic touch often turns a meeting into a happy event. The grownups who have seen this are so impressed that subscriptions and donations have been larger this year than ever before—promising a great day for Camp Fire when the war clouds clear. As we read their brave report we can't help feeling that continued study of the activities of our British Camp Fire sisters will be an inspiration to us all.

**HUNTINGTON PARK, CALIFORNIA (District V).** "To have a friend, be a friend," say these Camp Fire Girls who have recently adopted a delightful honorary member in the Los Angeles Orthopaedic Hospital. She is sixteen years old and lonesome for friends her own age. She needs their lively talk and a sense of dashing here and there, even if she has to do it vicariously. The girls like to tell about their hikes and parties and to plan surprises for their friend. And she, in turn, thinks up games, finds stories, and does handicraft projects which keep them on their toes. Just wait until she becomes a full-fledged Camp Fire Girl and outranks them all!

**WALLA WALLA, WASHINGTON (District VI).** Camp Fire Girls did dads in, and a good time was had by all at their pre-camp outing. The formula was simple. They just kept them on the run, from the moment when they arrived and were given scavenger hunt instructions to find

## CAMP FIRE GIRLS

ten items such as lichen on a rock, a sprig of blue spruce, and, most difficult of all, a chewing-gum wrapper. Next on the agenda was a fling in the tin can shooting gallery. Out in a field, cans were set up on fence posts and the dads were paced back to a flattering distance. At the word "Go!" each daughter began to gather stony ammunition for her dad to throw. It was one mad scramble, lasting till the bitter end. In fact, papa hardly had wind enough to pick up sticks for the fire-building contest in which the point was to burn a cord strung between two uprights over the fire. After that the dads wanted food and a rest, both of which they got before the ride home. They drove back singing bravely, and each assured mamma that camping was just the thing—for a young and active child.

**WACO, TEXAS (District IV).** When a chorus of thirteen hostesses says, "Won't you come to dinner," there's no doubt at all that they're earning the Fire Maker's rank. These girls of the Waco State Home did it up brown, too, with fried chicken, new potatoes, hot rolls, fruit salad, and homemade ice cream and cake. Wish we'd been asked!

**ROMEO, MICHIGAN (District IX).** These Camp Fire Girls and Blue Birds, both, keep their eyes open for opportunities to "Give Service," and they found a grand one recently when their town acquired a new park site. The girls not only donated and planted three evergreen trees as their contribution to the beautification of the park grounds, but they planned the Arbor Day program of which the tree-planting was the high point, enlisting the aid of adult speakers and selecting songs and readings to fit the occasion. It was a proud day for Camp Fire in Romeo!

We have **ALSO HEARD** about a group of San Diego, California, Camp Fire Girls who decided to put on a play for their *Guardian's* return from vacation. Without any grown-up aid, they wrote, directed, and costumed a grand version of "The Wizard of Oz." In Orofino, Idaho, six little Blue Birds who came of age were welcomed into a Camp Fire group of slightly older girls, who gave them a dinner party in honor of their "graduation." No bossy, big-sister attitude here—a really wondrous event.



# PRIMITIVE POTTERY

By HELEN E. STILES

The birds are singing, "It is spring! It is spring!" And the call of nature tells us that it is time to get outdoors, time to hike far and near and watch the season as it changes. It is quite likely that somewhere in our locality we can find a bank of sticky red, brown, or yellow earth. This is clay.

If our attention is directed to this wonderful material, questions and answers will be numerous. And we could try the very delightful experiment of preparing our own clay for pottery making. We could dig the clay, remove all stones and pieces of vegetable matter, mix it with water, run it through a fine screen, pour off the excess water, let it partially dry, and we would have a soft, plastic mass.

Objects made from this crude material will crumble very easily after drying, and will not be apt to hold up under firing. Early potters soon learned that they must mix two or more materials together before they could obtain a satisfactory "paste" with which to model the "body" of their ware.

If we pause to think about these early people, our own work with clay and primitive pottery will hold a larger degree of interest for all of us.

Very early people wandered over the face of the earth in search of food and adventure. They could not be burdened with heavy things to carry around, so their first tools and utensils were probably sticks and stones and shells which they could pick up around them.

The time came when certain tribes learned to settle down and cultivate grains and vegetables and fruits. They needed better tools, and vessels to store their harvest products. They soon learned that clay would hold its shape when it became dry and hard. But the potter did not learn to make true pottery until some accident taught him to fire, or burn, his bricks and pots.

When man learned to cook his vegetables, to pound his grain to meal

and then boil the meal, he needed a still better pot.

The simplest way to make a pot is to take a lump of plastic clay, make a hole in it, and with the thumb and fingers push out the sides by degrees until the walls are the desired thickness and the potter has the shape he wishes. I have a tiny pot which was made in this way by the famous Pueblo potter, Maria Martinez. But our American Indians usually make their pottery by using a method known as the coiling process. This has been described in your booklet on *Clay Craft*.\*

The earliest decorations on pottery seem to have been placed on the neck or

rim of the vessel. As the potter's hand traveled around the pot and his fingers smoothed the clay, perhaps he pinched it here and there like the edge of pie crust. Perhaps he pressed his fingernail into the clay, giving it a notched appearance. Perhaps he picked up a stick and traced straight or curved lines in the moist clay.

Most primitive people learned to paint their pottery. Sometimes they painted simple lines or bands around the pot or jar. And then they had the idea of painting little figures, such as squares, triangles, or circles, between the bands. Painted pictures of animals, and then of people, appear on the early pottery in some parts of the world. Long and interesting stories have been told by the decorations on primitive pottery. There is no better way to study the lives of primitive people than by carefully examining their pottery.

Some of the most interesting primitive pottery has been modeled in the shapes of animals, people, or gods. The Indians of Central America and parts of South America modeled quaint little figures and put them in the soil when they planted their seeds, at the same time praying to Mother Earth for a good harvest.

Strange to say, many beautiful clay objects were made before these early potters learned very much about combining materials to give strength and other desirable qualities to the body of their ware. Their firing facilities were of the simplest and their pieces were always somewhat porous. They fired their ware out on the ground in an open fire.

If you can obtain iron kettles with iron lids, and place your pieces in the kettles, you too can successfully fire them in an open fire. They must be slowly heated and slowly cooled, but when a red heat has been reached the wood fire must be carefully fed for at least an hour.

After decorating your pottery, if you do not have the facilities for proper firing, you can paint your objects with a commercial varnish. This will make them watertight.

If you are going to buy your clay, you will find that several different clays

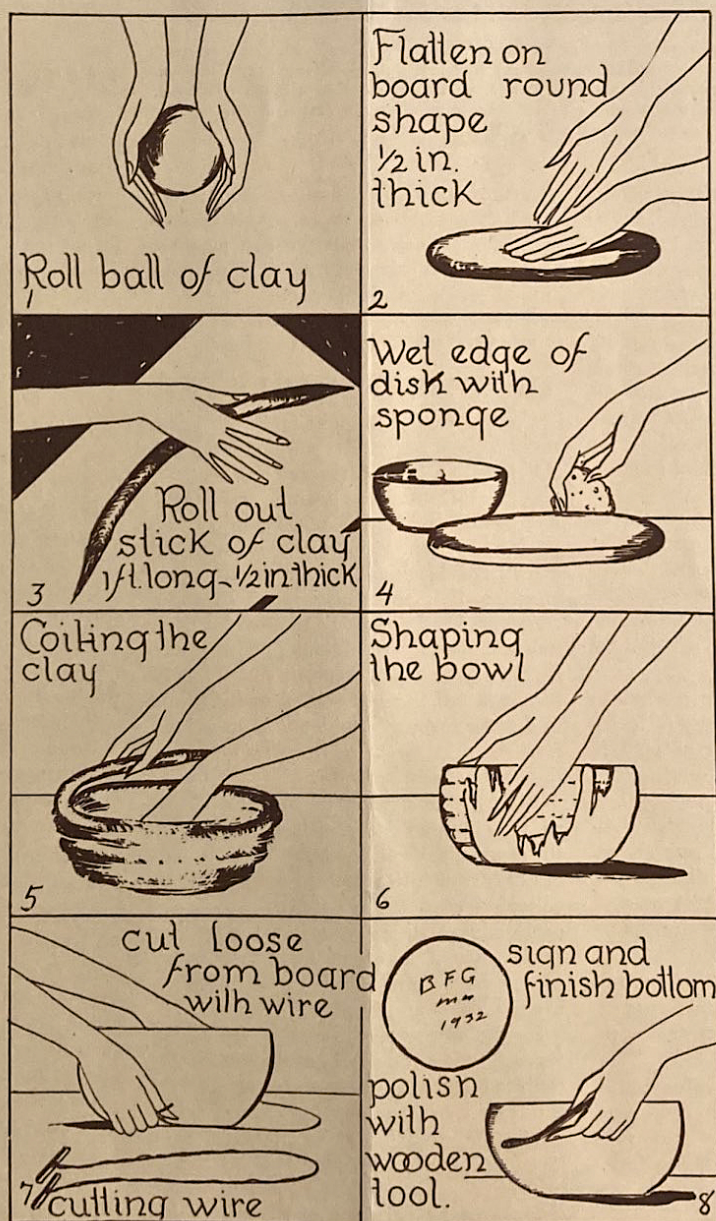
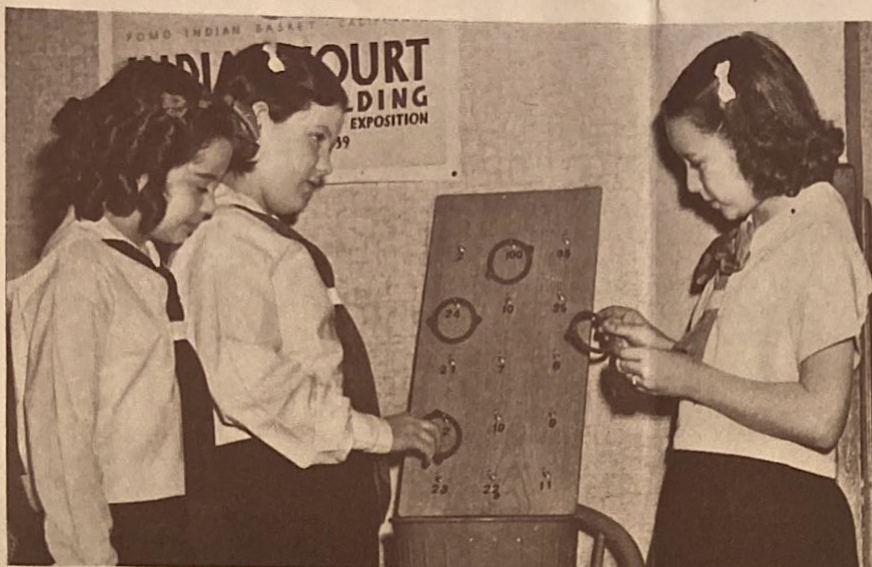


Diagram from "Clay Craft"

Steps in making coil pottery





**BLUE BIRDS' GAME**—The Mayflower Blue Birds of Spokane, Washington, made this ring-toss game themselves, a board, a package of cup hooks, numbers cut from old calendars, and rubber fruit-jar rings being their materials. The object, of course, is to get the largest score in a given number of tosses. The photographer who took the picture said he thought it offered practice in addition for adults as well as Blue Birds!

are offered according to the type of objects you plan to make. And again, if you cannot fire your ware, you can harden it by kneading a little dextrin powder into a ball of clay before you start your modeling.

Making primitive pottery is essentially a handicraft and one which brings much satisfaction in itself. No material is more suitable than clay for repeated experimentation, nor lends itself to a greater possibility for individual expression.

Objects made of clay are around us every day—dishes, vases, ornaments, brick, tile, and sanitary ware. There are any number of avenues which might lead to further interests. Our museums have marvelous collections of pottery made by primitive peoples.

Many people today have traveled to Mexico and brought back pieces of Mexican pottery. Much of this pottery is quite primitive and is made just as the Mexican Indians made their pottery before the white man came. Mexican pottery is also sold in some of our shops. You will be interested in discovering which is truly primitive in its type and which has been influenced by the Spanish conquerors.

Small pieces of Indian pottery are not expensive, and it is most interesting to make a collection and compare the similarities and differences.

Magazines and museums offer many and excellent pictures of different pottery types, and a scrapbook of such pictures is often a means of further stimulation when trying our hands with this fascinating craft.

There is no better way to become aware of true beauty, and to develop a

discriminating taste, than to examine the work of primitive potters. And what a joy when we find that we can produce for ourselves simple but well-proportioned shapes and designs.

\*Camp Fire Outfitting Company, 50c.

## THEIR OWN PARTY

Can little girls of eight and nine years really give a party? Of course, parties in the lives of little girls are no unusual affairs—but mother, granny, or auntie has usually taken the responsibility and performed the work both before and after. But let us tell you of the musicale and tea that the Busy Blue Birds of South St. Paul planned and gave for their mothers during the holidays. This group of little girls was organized shortly after the 1939 fall term of school opened, and under the inspirational leadership of Mrs. Ray Allen, they have been as active as the name would indicate.

About nine o'clock of the day of the party, eighteen little girls assembled at the home of their leader. They immediately went into action in squads. Some collected card tables, chairs, trays, and extra silver. Others went into the kitchen to prepare a lunch of attractive open-faced sandwiches and artistically arranged cake and cookies.

In the afternoon the Blue Birds returned at two o'clock accompanied by their mothers. They were greeted at the door by one of the number who had been appointed to act as hostess. Each child took care of her own and her mother's wraps. One of the Blue Birds took charge of the program of group singing and musical selections on the piano and guitar.

At the conclusion of the program, the mothers visited while each child set about her appointed task. Tables were set up in front of the fireplace, the cloth spread, and a birch-log centerpiece with its lighted tapers set in place. Then the trays of food appeared as if by magic, and two little girls took their places to pour the tea and coffee. After the mothers had been served, pots of cocoa appeared, and the Blue Birds prepared to enjoy to the full the fruits of their labor.

With the departure of the guests, there was another burst of activity. Each girl washed and wiped her own and her mother's dishes and put them away. Borrowed equipment was returned and evening found contented and happy girls returning to homes and mothers where once again the day's events would pass in review. Mrs. Russell Webb, Sponsor, South St. Paul, Minnesota.

## BLUE BIRDS IN SUMMER

These are a few suggestions to start ideas flowing. See your "Blue Birds Book" for many more.

**Flag Day—June 14:** Ask local librarians for material on Flag Day. Flags of different nations may be colored.

**Father's Day:** The Blue Birds may make little gifts for their fathers. Have a Blue Bird Dad's Hike. This could be in the form of a treasure hunt. The treasure could be a large box containing food to be prepared around the fire.

**Summer Begins—June 21:** Observation hike to find as many signs of summer as possible.

**Build an Outdoor Fireplace:** A simple fireplace can be built of bricks or of rocks not too heavy for Blue Birds to carry.

**Camping:** Have camping for all who can go to camp, and overnight and all-day trips for those who cannot go to camp. See "Gypsies," Chapter 12, *Blue Birds Book*.

**Swimming Party.**

**Have a Back Yard Circus or Fair** and encourage the girls to make things in connection with it—posters, signs, booths, cages, costumes, etc.

**Seashore, River, or Lake Trip.**

**Visit a Market.**

**Cut and Arrange Flowers** in bouquets and vases.

**Doll and Buggy Parade:** The doll buggy may be simply decorated, as the child likes to have it. The children who do not have doll buggies can easily make an attractive conveyance out of a younger brother's wagon, or they may just carry their dolls in their arms.

**Garden Trip:** Visit the gardens of all the Blue Birds and end with a little party on the lawn at the home of one of the Blue Birds.

**Model Clay:** See page 5.



# FIRST AID FROM PRINT and RADIO

## What Book?

Anne Eaton's delightful book, *Reading with Children*, is very practical, which should give it a wide audience and a wide appeal. It is a delight to read, and the practicality lies in the comments on children's books which those in a position to guide children's reading will find most helpful. As librarian at Lincoln School she has had opportunity to know which books children really relish. The children range from the very young through high-school age, and the books range from fairy stories to science. Not to be missed is the last chapter on reading aloud.

*Reading with Children*, by Anne T. Eaton. The Viking Press, \$2.50.

## Stories on Parade

Blue Birds will enjoy *Story Parade: Yellow Book*, as well as the earlier *Green, Red, and Blue Books*. *Yellow Book* is the latest in this series of annual selections of the best material published in *Story Parade* magazine during the previous year. This magazine is chock-full of stories by well-known writers for children, as well as short articles, verses, puzzles, and amusing illustrations. It is an excellent source of story-telling material for Blue Bird leaders, and the children themselves will find it fascinating reading.

*Story Parade: Yellow Book*, The John C. Winston Co., \$1.75.

## Books on Sports

Three new books in The Barnes Dollar Sports Library are here reviewed by Frances Horak Irving.

*Archery*, by Natalie Reichart and Gilman Keasey. This book is particularly good because it presents the modern or "relaxed" method of shooting. The relaxed position does away with tension and strain, which is in keeping with the principles of any skill. Outdoor and indoor shooting, equipment and its care, as well as competition, are presented. There are a number of good pictures and diagrams which are very helpful.

*Riding*, by J. J. Boniface. *Riding* covers a great many points about the horse, rider, and equipment which are so puzzling to the beginner. All parts of the horse are named and are indicated on a chart. Of particular interest to girls earning horsemanship honors are the pictures and descriptions of the three types of saddles. A study of the "Questions and Answers for the New Rider" chapter will make a beginner feel quite at home in this sport.

(See also review of "Riding," by Benjamin Lewis, in the January "Guardian," which gives more detail regarding correct riding technique.)

*Softball*, by Arthur T. Noren. Softball as a group recreational sport has been sweeping the country. It is a far less taxing and strenuous game for girls than is baseball. This book is recommended to any Guardian whose girls wish to play this game. It clearly points out the differences between softball and baseball and tells why softball is more suited to women. Team play, as well as each position in the game, is well described, and there are several good illustrations. There is also a very worthwhile chapter with diagrams giving exact measurements and brief but clearly defined directions for construction of equipment. The 1940 official rules, with interpretations, are included.

## Swimming Is Fun

There's an old saying that we learn to swim in the winter and skate in the summer, meaning, presumably, that what we

have learned in a special skill during one season remains in our subconscious and is there to call upon when we try that particular skill again. Whether or not we can learn to swim from pictures, it is helpful to see just how motions should be made, and for this reason we believe that the figures in *Swimming Is Fun*, by Sanderson Smith, would be helpful. The material in this book is thoroughly readable. It includes descriptions and pictures of various strokes, including the Japanese crawl. There is also information about a number of different safety measures.

*Swimming Is Fun*, by Sanderson Smith. William Morrow & Co., \$2.00.

## Conservation Comes to Life

*Pandora's Box*, by Marian E. Baer, is an ultra-modern application of the old legend, based on widely known natural events that have occurred in our country during the past few years.

This story of conservation is extremely forceful and is swiftly moving, both in time element and presentation. The reader is impelled onward faster and faster, as the various themes are developed. Incidents of a personal nature occurring during disasters such as floods, fires, and dust storms add the needed human interest to hold attention on a subject so vast and impersonal. On occasions, the writer has conveyed the feeling of moral responsibility and respect for the rights and possessions of others, on a national plane.

So much has been said and written about the conservation of our natural resources that the average citizen has become deafened to its appeal, and even our youth feels a slight aversion to the subject. This book, however, offers a very comprehensive and integrated outlook, presented in a conversational tone which young people particularly will enjoy. The speed with which the author jumps from place to place and from incident to incident holds the interest of the reader, in spite of a sense of exhaustion created by the overwhelming proportions of the problems involved.

The closing chapters introduce a needed optimism, provide accurate information about what is being done to remedy the situation, and suggest what we, as citizens, can do to help "Uncle Sam."—Reviewed by F. B. Culpepper.

*Pandora's Box*, by Marian E. Baer. Farrar & Rinehart, \$2.00.

## Flower Legends

"When someone in the Rome of very long ago, it is said, saw this quaintly shaped, five-spurred flower (columbine), his lively imagination pictured five little doves perched on the rim of a dish feeding amicably together, so he named the flower *columbina*, from the Latin *columba*, 'dove.'"

One often wonders how flowers, wild and home-grown, acquired their names. *Stories and Legends of Garden Flowers* will tell you about many of them, together with stories and legends that grew up along with the flowers in the long ago.

*Stories and Legends of Garden Flowers*, by Vernon Quinn. Stokes, \$2.50.

## Youth Can Do It

Concern with citizenship experience for youth now, not at some future time when he can vote, motivates the booklet, *Making Democracy Work—How Youth Can Do It*.

For one thing, youth can practice the democratic way in discussion clubs, and the subjects of the discussion can be community material and international problems. In so

doing, they can gain experience in gathering information and evaluating it as to source and content, important experience for an active participant in a democratic form of government. Such discussion groups under the leadership of a teacher or other adult would be of special interest to senior high school students. Some of the suggestions in the booklet could be adapted for use with groups of older Camp Fire Girls. They are somewhat along the lines of some of our older girls' annual projects.

The booklet costs twenty-five cents and is published by the Civic Education Service, 744 Jackson Place, Washington, D. C., which also publishes four magazines for high school social service classes: *The American Observer*, *The Weekly News Review*, *The Junior Review*, and *The Civic Leader*.

## Your Children

Speaking of discussions, don't miss the article in June *McCall's*, "We Are Your Children," which is an account of a discussion among boys and girls eleven to fourteen years of age. The children were picked at random from New York schools (two were Camp Fire Girls) and met at the home of Toni Taylor, of *McCall's*, with Dr. George Stoddard, Director, Iowa Child Welfare Research Station. The discussion was informal and spontaneous and ranged from war to sports. The conclusion of the authors of the article is:

"Out of this afternoon with sixteen boys and girls came a picture of *your* children—and all the children of America who are living through these important years of adolescence.

"You parents of America should lift your heads in pride. Your boys and girls are good, thoughtful, well-intentioned young citizens. They want opportunity for themselves and for the other boys and girls who are growing up with them.

"What happens to them in the years before they are ready to vote and assume full citizenship depends upon their parents, their teachers, their grown-up friends, who can mold and shape their thinking."

## Boy Meets Girl

"When Boy Meets Girl," an article by James Lee Ellenwood in the March 1940 issue of *Parents*, sums up briefly but effectively some of the points he makes in his book, "There's No Place Like Home."

It's inevitable, so why not do everything to make it a happy, wholesome experience, says Mr. Ellenwood—a step forward in the emotional development of boys and girls as it should be?

A study outline suggests questions for group discussion, with references for further reading.

## Books on Nature

The bibliography of carefully selected books on nature which appears in Anna Botsford Comstock's *Handbook of Nature-Study* is now available in pamphlet form. (Comstock Publishing Company, Ithaca, N. Y., 25c.)

## Tune In Nature

For fifteen minutes each Tuesday afternoon, you can join the class of nature lovers who follow the trails of Rocky Mountain National Park with Dr. Raymond Gregg, noted nature teacher and field naturalist. Informal wayside chats of leader and students are presented on this NBC Red Network program, "Nature Sketches," at 1:30 P.M., E.D.S.T. The topics of discussion range from birds and animals to trees and flowers, insects, fish, rocks and glaciers, and all the many other natural wonders to be found in this beautiful National Park high in the Colorado mountains.



## 1940 NATIONAL SUMMER TRAINING COURSES

As we go to press, reports are pouring in telling us of the many plans to send Guardians to the summer courses. Various clubs, mothers' groups, sponsors and even the girls themselves are generously helping to make it possible for the Guardians to attend. The camps are limited in their accommodations, so if you are planning to go, don't delay sending in your registration.

LOCAL COUNCIL	DATE	SEND REGISTRATION (\$1.00) TO:
Oklahoma City, Okla.	May 31-June 3	Mrs. Lou B. Paine, 200 Commerce Exchange
Sherman, Texas	June 5-8*	Mrs. Mita Hall, Municipal Auditorium
Omaha, Nebraska	June 7-10	Miss Jannet Michael, 201 Aquila Court
Minneapolis, Minn.	June 14-17	Miss Esther Cornelison, 404 S. 8th St.
Columbus, Ohio*	June 14-17	Miss Antoinette Landrum, 20 S. 3rd St.
Detroit, Michigan	June 21-24	Miss Catherine Stearns, 51 Warren Ave. W.
Yakima, Washington	June 21-24	Miss Virginia Lorbeer, 8 Chamber of Commerce
Portland, Oregon	June 27-30	Miss Elaine Gorham, Meier and Frank Bldg.
Worcester, Mass.**	June 28-July 1	Miss Catherine Sherard, 201 Commercial St.
Los Angeles, Calif.	July 10-13	Miss Cornelia Stevenson, 1107 Security Bldg.
Piedmont, Calif.	July 17-20	Miss Mary Fiedler, 2073 Allston Way, Berkeley

### NOTE:

\*Change in date for Texas course.

\*Columbus, Ohio—Miss Nora Garvin will be part of the National Staff. Her name was omitted by mistake from the April Broadside.

\*\*Worcester, Mass.—June 28 to July 1. These are the correct dates, and are substituted for those given in the January and February GUARDIAN.

Courses begin at 4:30 P.M. on first date given and close at 9 P.M. on last date.

## GUARDIANS' 1939 AWARDS

Once each year the National Council of Camp Fire Girls asks every Guardian to send in a report giving an outline of the year's activities and telling of some of the interesting experiences she and her girls have shared. Space does not allow us to tell of the amazing variety of activities glimpsed through these reports, of the service given, and of the progress made by the girls. It is the communities and the parents who really know and can see what is being accomplished.

In addition to the many Keda, Shuta, and Wakan honors awarded for service, the National Council awards a silver medal for the best report received from each of the nine Districts. We wish each of you could read these reports, but since that is not possible, we'll share some of the highlights with you through this and future issues of THE GUARDIAN.

We wish to congratulate the following Guardians on being awarded the Guardians' medals for their 1939 reports:

District I: Mrs. Florence M. Cox, Quincy, Massachusetts.

District II: Miss Ann Townsend, Egg Harbor, New Jersey.

District III: Mrs. Helen K. Seitzinger, Atlanta, Georgia.

District IV: Mrs. Margaret Smiley, Tulsa, Oklahoma.

District V: Mrs. Evangeline Coates, Berkeley, California.

District VI: Mrs. Florence Ross, Bellingham, Wash.

District VII: Mrs. Lyta Welch, Kansas City, Missouri.

District VIII: Miss Alice Lund, St. Cloud, Minnesota.

District IX: Mrs. Dorothy Hall, Detroit, Michigan.

### Highly Recommended

Mrs. E. Leidheiser, Bogota, New Jersey; and Mrs. Gladys Carr, Snyder, New York, in District II.

Mrs. Mildred Walsh, Waco, Texas, in District IV.

Mrs. Gertrude Rands, Oakland, California, in District V.

Miss Lucile Marnock, Spokane, Wash-

ington; Mrs. Polly Judd, Spokane, Washington; Mrs. Margaret Van Engelen, Twin Falls, Idaho; and Miss Anna Mae King, Asotin, Washington, in District VI.

Miss Ruth Wheeler, Denver, Colorado; Miss Margaret Fortner, Fort Collins, Colorado; Mrs. Amanda Schirmer, Harper, Kansas; and Mrs. Bertha Stringer, Galena, Kansas, in District VII.

Miss Juanita Schreiner, Fort Atkinson, Wisconsin, in District VIII.

Mrs. Ruth Wilder, Marne, Michigan; and Mrs. Frances Emrick, Columbus, Ohio, in District IX.

While the reports of these Guardians were the ones considered most worthy of this special distinction, we wish to express our appreciation to all Guardians who sent in reports and our admiration of the work you are doing. Much valuable material is gleaned from these reports for our publications and training courses, and from them we gather information which helps us in making plans for the future. We hope that every Guardian will keep a record of her group's activities, looking forward to having information on hand when the times comes for the next report.

## FOR LONE GUARDIANS

Since this plan for training Guardians outside of Council began, we have received 339 applications for the first set of material. Many letters of appreciation have come to us. As one Guardian said, "Hardly a week goes by, but what I refer to it for that week's meeting."

We would urge all who have received the first set and who have delayed sending for the second set, to apply at once, as there is much material in the second set which will be helpful during the summer months.

Others who wish to get the material, please send \$1.00 to the Field Department, Camp Fire Girls, 88 Lexington Avenue, New York City.—E.M.K.

## FIVE FAGOTS

We are so pleased that it has been possible this year to increase very definitely the number of field visits made. A complete report of this will be given in THE GUARDIAN next September. This fact was made possible by the increase of Field Quota payments of Local Councils and the establishments of Adult Dues. There is a third way of adding to this fund, and that is through the Five Fagots. Adopted in September 1929, this plan gives every local group not under Council an opportunity to contribute towards the Field Fund for increasing field work.

Following a recent field visit to Portland, Indiana, this appreciative letter was received:

"I assure you that we were all delighted to have Miss Wahlstrom with us, and her inspiring talk and charming manner were



The Five Fagot Symbol

a real help to the Portland Camp Fire Girls work. Her participation in the Council Fire made it indeed impressive, and the evening was one that will be ever in our memory. I enclose check for \$5.00, which our Portland Council for Girls' Activities wishes to contribute for the Five Fagot Fund, as a small token of our appreciation of a National visitor." Our Field Workers do not expect to receive such an expression, but we are especially glad when a group realizes that every such contribution makes it possible to increase the always-needed field work.

In recognition of this cooperation, a Five Fagot symbol will be sent to the Guardian of each group as soon as that group's Five Fagots (or five dollars) are received. This symbol is illustrated here. The symbol represents the hand for service, with the five fagots above it. The symbol used for the fagots is the same as the thought symbol, and the meanings are combined in the interpretation: The five fagots will be wisely used to spread the light of the Camp Fire Girls. The symbol is painted in yellow to symbolize gold, and the color of the border is changed each year.

We know that the many groups organized in the smaller towns where we have no Local Councils need the help of field visits. Your contributions of Five Fagots help us to extend our field work into more of these smaller communities.

Edith M. Kemphorne.